

The SCOOP

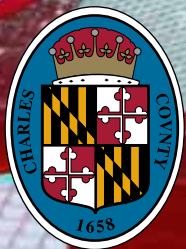
Charles County's Senior Center News



Stained Glass Class

Take a class and create a beautiful piece!

See back cover for details!



FEBRUARY 2013

www.CharlesCountyMD.gov

Free Income Tax Preparation for Seniors and Moderate to Low-Income Adults

Senior I&A staff are taking calls for persons who wish to schedule an appointment for the Annual Income Tax Preparation program at the Richard R. Clark Senior Center. Appointments are required, walk-ins will not be accepted.



Eligibility Requirements

- Persons age 60 and older who earned \$70,000 or less in tax year 2012 may call 301-609-5712 to schedule an appointment.
- Adults younger than age 60 who earned \$40,000 or less in tax year 2012 may schedule an appointment by calling 301-609-5704.

You must bring the following items with you to your appointment:

- Identification card and social security card
- Prior year tax return
- All 1099 and W-2 forms
- 2012 property tax bill
- If itemizing, documentation of medical, mortgage, and donation expenses

This year's program runs each Monday and Friday, beginning February 4, 10 a.m.-2 p.m., at the Richard R. Clark Senior Center. This is a free service for persons who meet the eligibility guidelines.

Senior Center Holiday Schedule

All Senior Centers will be closed as follows during February:
Presidents Day.....Mon, Feb 18

Are you looking for ways to bring more laughter in to your life?

I'm sure you've all heard the saying that laughter is the best medicine, so to ensure we all stay in optimum health (enabling us to read more), this month's theme is LAUGH.

Did you know that laughter stimulates five different parts of the brain? Reading something humorous can actually help keep your brain from aging.

Start with these basics:

Laugh at yourself.

Share your embarrassing moments. The best way to take ourselves less seriously is to talk about the times when we took ourselves too seriously.

When you hear laughter, move toward it. Most of the time, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. When you hear laughter, seek it out and ask, "What's funny?"

Spend time with fun, playful people. These are people who laugh easily – both at themselves and at life's absurdities – and who routinely find the humor in everyday events. Their playful point of view and laughter are contagious.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.

Pay attention to children and emulate them. They are the experts on playing, taking life lightly, and laughing.

— Excerpt from "How to boost your memory"
www.helpguide.org and National Year of Reading 2012

Winter Aquatic Exercise!

Lackey High School
Tue & Thu, Jan 8-Mar 7
8:30am-9:30am • Fee:\$45/pp

COUNCIL NEWS ITEMS

SPONSORED ACTIVITIES & EVENTS FOR DECEMBER

Clark Senior Center

Co-sponsored Valentines Party

Indian Head Senior Center

National Snack Food Month, A Soulful Valentine Party, and Six Health Benefits of Dark Chocolate

Waldorf Senior Center

Snack Bar, Bingo Supplies, Karaoke and Movies, and the Valentine Photo Shoot

22nd Annual Senior Citizen Prom

At the Greater Waldorf Jaycees Community Center



The Charles County Association of Student Councils has formed committees composed of students from each Charles County High School to plan this year's prom.

There will be big band music, escorts, dancing, door prizes, and more. The highlight of the evening will be the crowning of the prom King and Queen!

Enjoy a light buffet catered by the Greater Waldorf Jaycees.

This is a free event; however, tickets are required. There is a limited supply, so please get your ticket early. Tickets will be available at any senior center beginning Wednesday, February 13.

Fri, Mar 15 • 6:00-9:00pm
Fee: FREE

36th Annual United Seniors of Maryland Legislative Forum

The United Seniors of Maryland is making plans to host a legislative forum to be held in March. The event will take place in Annapolis at St John's College and will have senior representatives from all parts of the State.

The forum is time spent together and visiting with Local Delegations presenting and discussing the main issues for which United Seniors will be lobbying. Your presence is critical so you may advocate in this time of cut-backs to retain programs and services geared towards older adults.

Fee includes the program, continental breakfast and a box lunch. Motor coach transportation is provided generously by Keller Bus service. Depart Richard R. Clark Senior Center at 7:00am and the Jaycees Community Center at 7:20am.

To register, or for more information call the Clark Center directly at 301-934-5423. Be sure to have photo ID with you (Security has been heightened at the State Capitol).

Tue, Mar 19 9:00am-2:00pm Fee: \$15



Jay Armsworthy & Eastern Tradition Concert

At the Nanjemoy Community Center

The band's repertoire consists of traditional Bluegrass, original ballads, energized instrumentals, and old-time gospel.

Enjoy a delicious spaghetti dinner before the show (5:30-6:45pm) (sponsored by the Nanjemoy Community Center Council). The concert begins at 7:00pm.

Sponsored in part by the Maryland State Arts Council and Charles County Arts Alliance.

Sat, Mar 16 • 5:30-9:00pm
Tickets: \$15 in advance; \$20 at the door

Buffet Bingo

The Greater Waldorf Jaycees, in partnership with the Department of Community Services, has planned this annual special event just for Charles County's seniors.

Enjoy a delicious cold buffet luncheon, bingo, and prizes. The event is free and open to all Charles County senior citizens, age 60 and older. Please make your own transportation arrangements. Tickets are required and may be picked up at any senior center beginning Wednesday, February 20.

Tue, Mar 26 • 11:00am-2:00pm

Southern Maryland Caregivers Conference

Hosted by the Department of Community Services

Designed for the family caregiver, this one-day event is a wonderful opportunity to enrich one's knowledge and skills in caring for older persons. Brochures will be available beginning late February. To request a brochure by mail, please contact Ms. Cindy Olmsted, Long Term Care Coordinator, at 301-934-0128 or via e-mail OlmstedC@CharlesCounty.org.

Fri, Apr 26
Location: Clark Senior Center, La Plata

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

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Visit www.CharlesCountyMD.gov/CS

Valentine's Day Party

Don't miss this fun-filled annual event. The Primetimers present this year's production "Adventures at Happy Holler." What new challenges do the King and Queen have to contend with at the retirement community? Will the Queen have competition? Will Beastly come to visit? Learn the answers, buy your ticket today! Enjoy a delicious luncheon, stay to play Babbette Bingo in the afternoon.

Thu, Feb 14 10:30am-2:00pm Fee: \$7

Special Events & Activities

NEW! Sequence

Bill Needham will teach you how to play this game that helps to keep your brain sharp. Recommended by experts to regain brain activity after a stroke and maintain general brain wellness. Two to four players may participate and will be held weekly.

Wed, Feb 6 10:00-11:00am Fee: FREE

The Fitness Exchange

You've made your fitness goals for the year, started your great new exercise and nutrition program. Need extra help? Join this unique support group to share ideas, tips and motivation to help you achieve your goals. Facilitators: Debi Shanks & Brittany Arbin

Wed, Feb 6-Mar 27 11:00am-12:30pm
Fee: FREE

Book Club

February selection: "The Call of the Wild" by Jack London. March Selection: "A Trick of the Light" by Louise Penny.

Thu, Feb 7 1:00pm Fee: FREE

Chinese New Year Bead Craft

Make a red & black necklace to celebrate and help to get you in the holiday mood..

Thu, Feb 7 11:00am Fee: FREE

Chinese New Years Lunch

2013 is the Year of the Snake. Celebrate the holiday with Chinese food for lunch, your choice of Shrimp with Garlic Sauce, Egg Foo Young, Kung Pao Chicken, or Steak with Onion. Enjoy a slice of our unique snake cake. Pre-registration and payment required.

Thu, Feb 7 Noon Fee: \$6

Blue Grass Jam

Join us as we listen to great music provided by this lively group as they improvise Bluegrass and Gospel tunes.

Thu, Feb 28 11:00am Fee: FREE

Videos

Amistead

Steven Spielbergs' epic historical drama starring Anthony Hopkins, Matthew McConaughey and Morgan Freeman depicting the 1839 uprising of African Slaves.

Fri, Feb 1 10:00am Fee: FREE

The Good Earth

Pearl S. Bucks' classic book brought to life in this Academy Award winning movie starring Paul Muni and Luise Rainer.

Fri, Feb 8 10:00am Fee: FREE

Lincoln

Reviewers of this movie have deemed it as very historically accurate. The three hour film stars Sam Waterston and Mary Tyler Moore, who give outstanding performances in the main character roles.

Tue, Feb 12 1:00pm Fee: FREE

Love Affair

A Hollywood classic tale of romance starring Charles Boyer and Irene Dunne as two strangers who fall in love while on an ocean voyage.

Fri, Feb 15 10:00am Fee: FREE

Special Presentations

Simple Steps to Smart Retirement

Get practical tips from a PNC Bank representative that will help you plan for retirement.

Tue, Feb 19 11:00am Fee: FREE

Annuities & Your Retirement Seminar

Learn basic strategies of investing and how they can contribute to your retirement from Tayvon Jackson, from Edward Jones.

Thu, Feb 21 11:00am Fee: FREE

Classes

Taste of the Philippines Cooking Class

Jovita Murcheson demonstrates and provides samples. She will be making Chicken Adobo. Pre-registration is required.

Tue, Feb 12 10:30am Fee: \$1

Introduction to Facebook

Learn how to start a Facebook account. Instructor: Mike Moses

Wed/ Thu, Feb 20 & 21 1:00-3:00pm

Fee: \$32 plus \$3 supply fee

AARP Drivers Safety Program

Pre-registration required. Learn about the many changes within ourselves, cars, highways, and traffic. Lunch is available with donation for age 60 and older; for age 59 and younger the price for lunch is \$5.60. Please arrive at 9:30am to complete paperwork. Instructor: Bruce Kirk.

Tue, Feb 26 9:30am-3:00pm

Fee: FREE, Sponsored by Civista Health

Fine Art

The Friday art class is being restructured with a new teacher... Helen Thomas, an accomplished artist, knowledgeable in many techniques. 10:00am-Noon, artists will paint their selections, Helen will be available for help; Noon-2:00pm is a structured art class with a prepared lesson. Geared to meet individual needs. The fee will go to the instructor.

Fri/Ongoing 10:00am-2:00pm Fee: \$7

NEW! How Art Influences Our Lives

Learn how art through the ages ties into our everyday life and chronicles history. Learn about art of the depression, World Wars, and more. Instructor: Ann Taylor. Class meets monthly.

Tue, Feb 26 12:30pm Fee: FREE

Fitness Classes

Fitness Orientation

This class is mandatory.

Tue, Feb 5 3:30pm Fee: \$2

Wed, Feb 13 & 27 1:00pm Fee: \$2

Breathe Easy

Seated exercises. Focus on proper breathing techniques for better lung capacity and oxygen intake. Open to all fitness levels.

Wed/ Ongoing 10:30-11:00am Fee: FREE

Valentine's Day Line Dance Party

Come dance and celebrate this day of L-O-V-E!

Thu, Feb 14 1:00pm Fee: FREE

Services

Massage with Sharon Feldman

Tue, Feb 12 & 26 9:00am-Noon Fee: 50¢/min

CLARK SENIOR CENTER

1210 Charles St • La Plata, MD 20646 • 301-934-5423 or 301-870-2015

Hours of Operation • 9:00–4:00, Mon-Fri

Luncheon at Noon—Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.
Calendar items marked by an * require reservation/appointment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Step Aerobics 9:00-9:45 Billiards Drop In 9:00-4:00 Tai Chi 9:45-10:30 Spanish 10:00-11:30 Pilates 10:30-11:15 Total Body Conditioning 11:15-Noon Duplicate Bridge 10:00-2:00 Ceramics 10:00-2:00 2N1 Club 10:15-11:00 Pinochle 1:00-3:00 Circuit Training 2:30-3:30	Flex & Stretch 8:30-9:30 Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Yoga 9:30 Fine Arts 10:00-Noon AFEP 10:30-11:00 Bridge 10:00-3:15 Zumba Gold Noon Guitar Lessons Noon-1:00 Easy Craft 1:00-1:45 Line Dancing 1:00-2:00 Hi-Steppers 2:00 Primetimers 3:00 So. MD. Pitch 1:00-4:00 Weekly Workout 5:30-6:45	Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Crochet Club 9:00-Noon Quilting Etc. 9:30-Noon Basic Drawing 10:00 Sequence 10:00 Breath Easy 10:30 Clogging 10:30-11:30 The Fitness Exchange 11:00 Bridge 11:00-3:15 Tap 11:30-12:30 Beg. Tap 12:30-1:00 Pinochle 12:30-3:00 Powder Puff Billiards. . . 1:00-4:00	Flex & Stretch 8:30-9:30 Billiards Drop In 9:00-4:00 Tai Chi 9:30-10:30 Stained Glass 10:00-2:00 AFEP 10:30-11:00 Zumba Gold 11:30 Canasta 12:30-3:00 Reflections 1:00-1:30 Beg Line Dancing 1:00-2:00	Project Linus 9:00-Noon Billiards Drop In 9:00-4:00 Strength Training 9:15-10:15 Oil Painting/Acrylics . . 10:00-2:00 Gentle Yoga 10:30 Handbells 11:30 Silvertones 12:30 Pinochle 12:30-3:00
<div style="background-color: black; color: white; text-align: center; padding: 10px; font-size: 2em; font-weight: bold;">FEBRUARY</div>				1 Income Tax 10:00 Hand & Foot Canasta 10:00 Video: Amistead 10:00 Computer Room Unavailable
4 Income Tax 10:00 Greenbacks 10:00 No Reflexology Computer Room Unavailable	5 Primetimers 2:00 Fitness Orientation 3:30	6 RRCSC Council Mtg 9:30 Matter of Balance #5 10:00 Blood Pressure Screening . . 10:00 Sequence 10:00 Jewelry Club 10:00 Off Balance Club 10:30	7 Chinese New Year Bead Craft 11:00 Chinese New Year Lunch . . . Noon Book Club 1:00 Primetimers 2:00	8 Income Tax 10:00 Video: The Good Earth 10:00 Creative Writing 1:00 Primetimers 2:00 Computer Room Unavailable
11 Income Tax 10:00 Ceramics 10:00 Greenbacks 10:00 Computer Room Unavailable	12 Massage 9:00 Taste of the Philippines Cooking Class 10:30 Lincoln 1:00 Primetimers 3:00 Computer Room Unavailable	13 Matter of Balance #6 10:00 Genealogy 10:00 Visit the Nurse 10:00 Sequence 10:00 Fitness Orientation 1:00 Primetimers 3:00	14 Valentine's Party: Adventures at Happy Holler 10:30 Valentine's Day Line Dance Party 1:00	15 Income Tax 10:00 Video: Love Affair 10:00 Poetry Corner 2:00 Computer Room Unavailable
18 President's Day Senior Center Closed	19 Simple Steps to Smart Retirement 11:00	20 Matter of Balance # 7 10:00 Blood Pressure Screening . . 10:00 Sequence 10:00 Jewelry Club 10:00 Introduction to Facebook . . . 1:00	21 Annuities & You Retirement Seminar 11:00 Introduction to Facebook . . . 1:00	22 Income Tax 10:00 Newcomers Coffee 10:00 Hand & Foot 10:00 Computer Room Unavailable
25 Income Tax 10:00 Computer Room Unavailable	26 Massage 9:00 AARP Safe Drivers Class 9:30 Power Yoga 9:30 How Art Influences Our Lives 12:30	27 Matter of Balance #8 10:00 Fitness Orientation 1:00 Caregiver Support 2:00	28 Blue Grass Jam 11:00	

The computer room will be unavailable Monday and Friday.

The computer room will be unavailable Monday and Friday, 10:00am-1:00pm, for the Income Tax Prep Program.

INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Get your Latest SCOOP online!
Visit www.CharlesCountyMD.gov/CS

Special Events & Daily Activities

Humane Society Bear Bingo

The humane society will be here to educate you on bears while playing bingo with prizes.

Wed, Feb 6 11:00am-Noon Fee: FREE

Book Club:

"Crooked Letter" by Tom Franklin

To celebrate black history month, there is a great sense of place and exceptional character development in this mystery. Set in Mississippi, it's a story of prejudice and social inequity. Although the central theme is the mystery of what happened to two missing girls, the heart of the book is the inner struggles of the two main characters who shared a childhood friendship and who's lives went in different directions.

Wed, Feb 27 11:00am-Noon Fee: FREE

150th Anniversary of the Emancipation Proclamation

Black History Month 2013 imagines the Emancipation Proclamation to be a pebble and U.S. history to be a pool of water, tossing that pebble into the water would generate expanding waves and circles which would include a number of significant events. The staff will highlight the events while sharing historical facts.

Thu, Feb 28 11:15am-Noon Fee: FREE

Chess Tournament

A study in the New England Journal of Medicine found that challenging your brain with mentally stimulating games like chess will greatly increase mental agility and sharpen memory skills.

Every Wed 1:00-3:00pm Fee: FREE

For Your Health

Get Heart Healthy with Lisa

Join Lisa Furlow, Nutritionist, for an informative overview on how to get heart-healthy.

Thu, Feb 7 11:15am-Noon Fee: FREE

Visit the Nurse

Blood pressure screening and a private visit with Linda Barnes, RN, Charles County Department of Health.

Thu, Feb 7 10:00am-Noon Fee: FREE

Wed, Feb 20 10:00am-Noon Fee: FREE

Sharpen Your Mind While Benefiting Your Heart

Research on keeping our mind fit continues to be both plentiful and encouraging. Aerobic-based physical exercise such as treadmill, bicycling, and walking are types of activities that increase your heart rate and benefit your mind at the same time.

Wed, Feb 13 11:15am-Noon Fee: FREE

Fri, Feb 22 11:15am-Noon Fee: FREE

Six Health Benefits of Dark Chocolate

Dark chocolate has been discovered to have a number of healthy benefits. While eating dark chocolate can lead to several health benefits, remember that chocolate is also high in fat. Join staff for more interesting tidbits of knowledge.

Thu, Feb 21 11:15-11:45am Fee: FREE

Nutritional Truths of Cinnamon & Honey

Lately there has been a flood of information about the nutritional benefits of cinnamon and honey. Many claims are unproven, but ongoing research is unlocking beneficial findings in traditional medicine.

Mon, Feb 25 11:30am-Noon Fee: FREE

Living Well: Chronic Disease Self-Management Program

Do you suffer from a chronic condition... diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety? Learn how to deal with pain and fatigue, and make better nutrition and exercise choices. Learn how to communicate effectively with your physician and try new techniques to handle stress. This free workshop, will be held each week for 6 weeks. Open to adults with chronic conditions and caregivers.

Every Tue 9:30am-Noon Fee: FREE

Classes

Create a Lovely Valentine Candy Gift

This Martha Stewart created craft makes a lovely gift and is fun to create. Decorated in red, pink, and white including lace and ribbons, topped off with a cone filled with chocolates for you or someone special.

Wed, Feb 6 1:00-2:00pm Fee: \$2 each

Mon, Feb 11 10:30am-Noon Fee: \$2 each

Preregistration Deadline: Feb 4 & Feb 8

Computer Lab Class

Learn MS Word, access the internet or Facebook.

Fri, Feb 8 & Mon, Feb 25 1:00-2:00pm

Fee: \$5 refundable deposit upon registration

Fitness & Dance

Fitness Training

Get a great workout with a certified fitness instructor in a vigorous exercise program.

Mon/Wed 9:15-10:00am

Fee: Fitness card

Tai Chi: Moving for Better Balance Advanced Class

Improve balance and mobility with Cynthia.

Wed, Ongoing 10:30-11:30am

Fri, Ongoing 9:15-10:15am

Fee: Fitness Card

Line Dancing

Learn some of the newest line dances with Geneva Johnson.

Thu, Ongoing 1:00pm Fee: FREE

AFEP

Low-impact seated exercise.

Tue/Thu, Ongoing 10:30am Fee: FREE

Planning for Your Future

Maryland Legal Aid Chief Attorney, Seri Wilpone, will discuss preparations you can take to be prepared when you no longer can make decisions for yourself. She will answer such questions as: Is it a good idea for me to deed my home to my daughter? What risks are there in putting my son's name on my bank account now? Do I need a power of attorney? How can I ensure my medical care is consistent with my wishes? If I have a will, do I need an advance directive or living will?

Tue, Feb 26 11:15am-Noon Fee: FREE



INDIAN HEAD SENIOR CENTER

100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

Hours of Operation • 9:00–3:00, Mon-Fri

Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.

A Soulful Valentine Party

Celebrate with Men-N-Motion as they take you back in time with fantastic music and all the right moves.

Don't forget your dancin' shoes!

Sponsored by Charles County Arts Alliance

Thu, Feb 14 • 10:30am-1:00pm Registration Deadline: Feb 7 • Fee: \$8



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards/Cards 9:00 Fitness Training 9:15 Bingo 10:00 Westside Clogging 10:30 Bingo 1:00	Billiards/Cards 9:00 Bingo 10:00 AFEP 10:30 Reflections 1:00	Billiards/Cards 9:00 Fitness Training 9:15 Quilt N' Chicks 10:00 Tai Chi 10:30 Tai Chi For Better Balance Advanced Class 1:00 Chess 1:00-3:00	Billiards/Cards 9:00 Oil Painting 10:00 AFEP 10:30 Line Dancing 1:00	Billiards/Cards 9:00 Tai Chi 9:15 Ceramics 10:00 Canasta & Bid Whist 10:00
FEBRUARY				1 National Wear Red Day 9:00-3:00 Hand Massage 11:00-Noon Memory Game 1:00-2:00
4 National Snack Food Month 11:30-Noon Pictionary 1:00-2:00	5 Living Well: Chronic Disease Self-Management .. 9:30-Noon Morning Wisdom. ... 10:00-10:30	6 Humane Society Bear Bingo 11:00-Noon Create a Lovely Valentine Candy Gift Craft 1:00-2:00	7 Council Meeting 10:00 Visit the Nurse 10:00-Noon Get Heart Healthy ... 11:15-Noon Bunko 12:45	8 Memory Game 11:00-11:30 Computer Lab 1:00-2:00
11 Create a Lovely Valentine Candy Gift Craft 10:30-Noon	12 Living Well: Chronic Disease Self- Management Program 9:30-Noon Visit the Nurse 10:00-Noon Local Library Resources with Lena 11:15-Noon	13 Valentine Word Game 10:30-11:00 Sharpen Your Mind While Benefitting Your Heart 11:15-Noon Music Spotlight: Love Songs 1:00-1:30	14 Senior I&A Outreach 10:00 A Soulful Valentine Party 10:30-1:00	15 Movie Feature: TBD 11:30-2:00
18 President's Day Senior Center Closed	19 Living Well: Chronic Disease Self-Management Program 9:30-Noon Adventures at Happy Holler Pt. 2 Valentine Play 10:30-Noon	20 Visit the Nurse 10:00-Noon Quilting Overview - College of Southern Maryland. . 10:00-11:00 The Aging Mouth. ... 11:15-Noon	21 Nurse Rose So. MD Hospital 9:30-Noon 6 Health Benefits of Dark Chocolate 11:15-11:45 Bedazzled Memory Game. 1:00-3:00	22 Sharpen Your Mind While Benefitting Your Heart. 11:15-Noon Pictionary 1:00-2:00
25 Nutritional Truths of Cinnamon & Honey 11:30-Noon Computer Lab 1:00-2:00	26 Living Well: Chronic Disease Self- Management Program 9:30-Noon Planning for Your Future 11:15-Noon	27 Book Club, Crooked Letter by Tom Franklin 11:00-Noon No Quiltin' Chicks Today	28 150th Anniversary of the Emancipation Proclamation. 11:15-Noon	

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

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Special Events & Daily Activities

Afternoon Book Club

Evening Class, by Maeve Binchy. Schoolteacher Aidan Dunne organizes an evening class in Italian. When the neighborhood residents take the unexpected step of enrolling in the class, they find their lives transformed. Facilitators: Julie Brasher and Lisa Clark.



Wed, Feb 6 1:00pm Fee: FREE

Estate Planning: Are Your Assets Going Where You Want?

Most people do not understand how their assets will be handled when they pass on. Community Wealth Advisors, a division of Community Bank of Tri-County, will be going over the basics of smart estate planning. This will include the tools used to preserve your assets: wills, trusts, titling, beneficiaries, life and Long Term Care planning for starters. Please join us for this informative presentation. Speaker: Georgeanne Aist

Wed, Feb 6 10:00am Fee: FREE

Movies on the Big Screen

Butter with Jennifer Garner, Hugh Jackman, Alicia Silverstone, and a young and talented Yara Shahidi.

Tue, Feb 12 10:30am Fee: FREE

Karaoke at Waldorf

For thirty minutes, you can be the lunchtime entertainment. We have 10 new Karaoke CDs with all types of songs. Join the FUN!

Wed, Feb 13 12:15pm Fee: FREE

Thu, Feb 28 12:15pm Fee: FREE

Valentine Photo Shoot

Pose with fun hats, fuzzy boas, and cuddly teddy bears. Be creative and bring your own prop. J.B. the photographer will be flexible and help you with your ideas. Small groups and couples welcome. Photos will be handed out at our Valentine's Day party.

Sponsored by Waldorf Senior Center Council.

Thu, Feb 7 • 10:30am-Noon

Fee: FREE

Primetimers:

Adventures at Happy Holler

The Clark Center's Primetimers present, Adventures at Happy Holler. Come see what they are up to this year. Sure to be a hoot!

Wed, Feb 20 10:30am Fee: FREE

Sequence

You've learned Rummikub, now let's play Sequence. Carolie and Ann will teach you the game with cards and chips.

Thu, Feb 21 10:30am Fee: FREE

For Your Health

Visit the Nurse

Blood pressure screening and a private visit with Linda Van Hoy, RN, Charles County Department of Health.

Tue, Feb 5 10:00am-Noon Fee: FREE

Wed, Feb 27 10:00am-Noon Fee: FREE

Matter of Balance

Learn to view falls as controllable, set goals for increasing activity, and exercise to increase strength and balance. This 8-week course will make you aware of obstacles or changes in elevation that cause you to lose your balance when walking. Instructors: Julie Brasher & Emma Joseph

Tue, Feb 5-26 9:15-11:15am Fee: FREE

Senior Information & Assistance Outreach

Meet privately with Ruth Anderson-Cole, Senior I&A Program Specialist who will guide you through Medicare, health insurance, prescriptions, energy assistance, fraud prevention, and other services as needed.

Thu, Feb 21 10:00am-Noon Fee: FREE

Classes

Water Based Oils

Material list provided. Instructor: Pat Arnold.

Tue, Feb 5 & 19 11:30am Fee: \$5/class

NEW! Learn to Crochet

Learn the basics and build on them. Bring your own "J" or "K" crochet hook. Yarn will be provided by instructor, Norma Baretincic. Four-week class



Tue, Feb 12 & 26

1:00-3:00pm

Fee: \$20/4 weeks or \$5/class

Guitar Lessons

Some experience required. Bring your own guitar to the class led by Therese Thiedeman.

Tue, Ongoing 10:00-11:00am Fee: \$5/class

Computer Class

Preregister for a personalized one-hour session with Roseanne Windley.

Wed, Ongoing 9:00am-2:00pm

Fee: \$63/6 week class

Watercolors

Material list provided. Instructor: Pat Arnold.

Thu, Ongoing 10:00am

Fee: \$30/6 week class

Fitness & Dance

Restorative Yoga

Most postures are done using props such as blocks, straps, a chair & wall. Instructor: Cindy Miller

Mon, Ongoing 2:00pm Fee: Fitness Card

Total Body Conditioning

Strength, endurance, and flexibility. Instructor: Clairisa Bryant.

Tue/Thu, Ongoing 9:00am Fee: Fitness Card

Line Dancing

Popular and classic line dances. Various Staff Instructors

Tue, Ongoing 10:15am Fee: Fitness Card

Hatha Yoga

Simple poses for strength and balance. Instructor Randi McWilliams

Tue, Ongoing 2:00pm Fee: Fitness Card

WALDORF SENIOR CENTER

3092 Crain Hwy (Jaycees Bldg) • Waldorf, MD 20601 • 301-638-4420

Hours of Operation • 9:00–3:00, Mon–Thu

**Luncheon at Noon–Reservation/Registration Required
Reserve lunch by 10:00am the preceding day.**



Valentine's Day Party

Celebrate the Goodness

Valentine's Day isn't only for sweet hearts; it is a day to spread happiness and goodness to everyone who crosses your path. Musical Entertainment will be provided by a premier duo group, Chyp and Andrea. They have appeared with many well-known acts, such as The Spinners, The Platters, The Association, and more. They have entertained our troops around the world. They are known for sounding just like the original artist, let's see if you can tell the difference! Dancing is encouraged, so don't be shy and get happy.

Lunch will be served at 12:15 p.m. Following lunch, we will hold our second Handbag Auction. Don't miss this opportunity to bid on new, gently used and lovely vintage handbags. Register to receive a bidder's number. Preview all week long. Live bidding begins at 1:00 p.m.

Entertainment is sponsored by Senior Services of Charles County, Inc.

Thu, Feb 14 • 10:00-1:45pm

Registration Deadline: Feb 11 • Fee: \$2, plus lunch donation

Flex & Stretch

Flexibility and conditioning using weights, bands, and mats. Instructor: Cindy Miller

Wed, Ongoing 9:00am
Fee: Fitness Card

Pilates

Strengthens the back, abdominal muscles, and hips. Instructor: Debi Shanks.

Wed, Ongoing 2:00pm
Fee: Fitness Card

AFEP

Low-impact seated exercise. Center Staff Instructors.

Wed-Thu, Ongoing 10:00am
Fee: FREE

Line Dancing at Elite Gym

More opportunities to learn popular and the classic line dances. Instructor: Clairisa Bryant

Thu, Ongoing 10:30am
Fee: Fitness Card

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Double Deck Pinochle Noon Restorative Yoga 2:00	Total Body Conditioning . . . 9:00 Guitar Lessons 10:00 Line Dancing 10:15 Dominos/Rummikub. . . . 10:30 Inspirations 12:30 Hatha Yoga 2:00	Flex & Stretch. 9:00 Computer Class . 9:00am-2:00pm AFEP 10:00 Bingo. 10:30 Dominos/Rummikub. . . . 10:30 Pilates. 2:00	Total Body Conditioning . . . 9:00 Watercolors 10:00 AFEP 10:00 Bingo. 10:30 Line Dancing at Elite Gym. . 10:30 Dominos/Rummikub. . . . 10:30 Double Deck Pinochle Noon
4 St. Charles Senior Club . . . 10:00	5 Matter of Balance 9:15 Visit the Nurse 10:00 Water Based Oils 11:30	6 Estate Planning: Your Assets. 10:00 Afternoon Book Club: Evening Class 1:00	7 Valentine's Photo Shoot 10:30-Noon
11 St. Charles Senior Club . . . 10:00 Handbag Preview . . .10:00-Noon	12 Matter of Balance 9:15 Movie: Butter. 10:30 Learn to Crochet 1:00 Handbag Preview . . .10:00-Noon	13 Karaoke at Waldorf 12:15 Handbag Preview . . .10:00-Noon	14 Celebrate The Goodness Valentine's Day Party . 10:00 Lunch 12:15 Handbag Auction. 1:00
18 President's Day Senior Center Closed	19 Matter of Balance 9:15 Water Based Oils 11:30	20 Primetimers: Adventures at Happy Holler 10:30 Afternoon Bingo Only.	21 Sequence 10:30 Senior I&A Outreach ...10:00-Noon
25 St. Charles Senior Club . . . 10:00	26 Matter of Balance 9:15 Learn to Crochet 1:00	27 Visit the Nurse 10:00	28 Karaoke at Waldorf 12:15

FEBRUARY

News from the Senior Nutrition Program

For several years now we have partnered with the Charles County Board of Education to provide lunches for the senior centers and Meals on Wheels for our homebound seniors. We have always tried to provide the highest quality meals on our tight budget.

Due to increased labor costs, effective on December 1, 2012, the price of our meals went up by 10 cents to \$5.60 a meal. With the help of donations collected from participants and limited Federal, State, and County funds we are going to be able to provide the majority of the meals for a voluntary donation for those ages 60 and older (full pay meals will be noted).

Without donations, we would not be able to provide the almost 55,000 meals we serve each year. Please join us at one of our meals, we would love to have you; and consider making a donation, since it helps provide meals to those who are unable to afford them.

February is National Snack Food Month!

7 Snacks to Eat Before Bed for Better Sleep

Here are some healthy snack ideas from sleep guide Beth Irvine to help you get a better night's sleep.

1. Banana with a small glass of milk – A small banana is best, as they still contain a large amount of sugar. Combining the amino acid tryptophan with carbohydrates as well as calcium and magnesium can help your brain relax and your body nod off to sleep.
2. Small bowl of oatmeal or cereal with milk - Look for a high fiber cereal and try to avoid oatmeal with a lot of extra sweetener.
3. Small yogurt with granola sprinkled on top – This is good because you can get cups of yogurt that are pre-portioned. Make sure that you are not overeating, as too much food puts your digestive system into overdrive, keeping you awake.
4. Half a bagel or a few crackers with peanut butter – You can also substitute peanut butter for an ounce of cheese or a slice of turkey on top. Timing your snack is also important. The effect of tryptophan-rich foods will not take effect for up to 45 minutes.
5. Sliced apple with one ounce of cheese – You can get creative with the fruit, if you don't have any apples. Your possibilities are endless when combining tryptophan and carbohydrate-rich foods.
6. One scrambled egg with toast – Make sure you are eating a slice of whole grain toast to keep it healthy. And keep in mind that a healthy lifestyle in general will contribute to good sleep. Regular exercise, healthy meals and a diligent bedtime routine are all important for good sleep.
7. Chamomile tea – A bedtime favorite for its mild sedating effect.

— Allison Tsai

Recipe of the Month

Dried Cranberry Shortbread Hearts

Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 3/4 cup sifted confectioner sugar
- 1 teaspoon pure vanilla extract
- 2 cups sifted, all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup finely chopped dried cranberries or cherries

Directions

- Heat oven to 325 degrees with a rack in center.
- Combine butter, confectioner sugar, vanilla, flour, and salt in a large mixing bowl. Beat with a wooden spoon until combined but not too creamy.
- Stir in dried cranberries.
- Pat dough evenly into an 8" or 9" square baking pan.
- Bake for about 20 minutes, or until just beginning to turn golden.
- Place pan on cooling rack until cool enough to touch. Run knife around edges, remove shortbread, and transfer, right side up, to work surface.
- Use a 1 1/2" to 2" heart-shaped cookie cutter to cut out cookies. Use a paring knife to trim stray bits of cranberry from edges.
- Cookies will keep for five days at room temperature in an airtight container.



SENIOR CENTER MENU

Lunch Cancellation Policy

If you have a lunch reservation and cannot dine at the Center, please call the Senior Center PRIOR to the reservation day to cancel your meal. If the meal is not cancelled, the County must still pay for the meal.

1% Milk Included With All Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY				1 Orange Juice BBQ Pork Sandwich Seasoned Corn Carrot Raisin Salad Tropical Fruit Salad
4 Orange Juice Open Faced Turkey Sandwich with Gravy California Blend Vegetables Citrus Salad	5 Italian Wedding Soup Apple Juice Quiche Hash Browns Turkey Sausage Muffin Orange Slices	6 LS Tomato Juice Mac & Cheese (1 cup) Malibu Blend Vegetables Bobby Bean Salad Peaches	7 Orange Juice Meat Lasagna Green Beans Garden Salad with Dressing Dinner Roll Cantaloupe	8 Grape Juice Chicken Cacciatore Cheesy Mashed Potatoes Fiesta Bean Salad Whole Wheat Bread (2) Applesauce
11 Fruit Blend Juice Pork Chop Sauerkraut AuGratin Potatoes Cornbread Pineapple Chunks	12 Orange Juice Beef Tamale Pie Broccoli Cucumber Onion Vinaigrette Pears	13 Ash Wednesday Vegetable Soup Apple Juice Fish Sandwich Carrots Sweet Peas Citrus Salad	14 Valentine's day Cranberry Juice ¼ Baked Chicken Mashed Sweet Potatoes California Blend Vegetables Cranberry Salsa Salad Cornbread Chocolate Cake	15 Pineapple Juice Beef Stew with Stew Vegetables Spinach Salad Biscuit Fruited Jell-O
18 President's Day No Meal service	19 Grape Juice Spaghetti with Meatballs Seasoned Corn Breadstick Fruity Slaw	20 Cranberry Juice Tortilla Crusted Tilapia Buttered, Tri-Color Pasta Chuckwagon Vegetables Dinner Roll Deluxe Fruit Salad	21 Soup of the Day Orange Juice Beef Brisket Mashed Potatoes Sweet Peas Whole Wheat Bread (2) Banana	22 Pineapple Juice Ginger Chicken Noodles Mixed Vegetables Dinner Roll Tangy Cherry Salad
25 Pineapple Juice Stuffed Peppers Succotash Whole Wheat Bread (2) Peaches	26 Brunch for Lunch Soup of the Day Cranberry Juice Asian Chicken Fluffy Rice Chinese Coleslaw Dinner Roll Mandarin Oranges	27 Fruit Blend Juice Meatloaf with Gravy Mashed Potatoes Scalloped Tomatoes Whole Wheat Bread (2) Fruited Jell-O	28 Birthday Celebration Grape Juice Chicken Parmesan Noodles Creamy Cucumber Salad Breadstick Applesauce Birthday Cake	

Charles County Luncheon Program

Available at Noon • Days Vary By Center

Open to any Charles County resident, age 60 or older, for a donation. The suggested meal donation is \$3, actual cost is \$5.60 per person. All donations are used to provide meals for Charles County seniors. Guests (anyone age 59 or younger, or a non-county resident) may order lunch, but must pay the full price of \$5.60. Lunch reservations must be made by 10 a.m. the preceding day. We appreciate your assistance in keeping costs down. Party and special event meal prices may vary.

Clark Senior Center.....Tue-Fri

Indian Head Senior Center.....Mon-Fri

Nanjemoy Senior Center.....Mon-Thu

Waldorf Senior Center.....Mon-Thu

On days where potatoes, corn, beans, and/or peas are used for the meal's starch component, an additional starch such as bread, crackers, or muffins is available for those participating in the CACFP program.

The SCOOP

The information contained in this monthly publication has been brought to you as a public service by the Charles County Department of Community Services. For more information about news for Charles County senior citizens, please contact the Richard R. Clark Senior Center at 301-934-5423 or 301-870-2015.

CHARLES COUNTY COMMISSIONERS



Equal Opportunity County

Learn more at...

www.CharlesCountyMD.gov

Department of Community Services

8190 Port Tobacco Road • Port Tobacco, MD

301-934-9305 • 301-870-3388

MD Relay: 711 • Relay TDD: 1-800-735-2258

Mission Statement – The mission of Charles County Government is to provide our citizens the highest quality service possible in a timely, efficient, and courteous manner. To achieve this goal, our government must be operated in an open and accessible atmosphere, be based on comprehensive long- and short-term planning, and have an appropriate managerial organization tempered by fiscal responsibility. We support and encourage efforts to grow a diverse workplace.

Vision Statement – Charles County is a place where all people thrive and businesses grow and prosper; where the preservation of our heritage and environment is paramount; where government services to its citizens are provided at the highest level of excellence; and where the quality of life is the best in the nation.

Americans With Disabilities – The Department of Community Services welcomes the participation of individuals with disabilities. As with all County Government, we comply fully with the Americans With Disabilities Act in making reasonable accommodations to encourage involvement. If you require special assistance and would like to participate in our programs, please contact the Department of Community Services.

Publication Changes & Cancellations

Programs and activities have been confirmed at the time this publication goes to press. However, changes or cancellations can occur. For information, check with the Senior Center that has scheduled the program.

Senior Center Inclement Weather Policy

When Charles County Public Schools are closed due to inclement weather, Charles County's Senior Centers will also be closed. Senior Centers do not necessarily open late or close early as with Charles County Public Schools. Please tune your radio to 1560AM or 98.3FM for closing announcements. Community Services will also provide closing information as soon as possible through the Inclement Weather Hotline. Call 301-934-9305 or 301-870-3388 and immediately press extension 5197 for delays and cancellation listings.

Stained Glass with Joe!



Mr. Joe Baker, having years of experience working with stained glass, is the volunteer instructor for this class offered at the Richard R. Clark Senior Center. He is skilled at creating and repairing stained glass and wants to share this talent with others so they too can master this beautiful art.

The necessary supplies such as grinders, patterns, and glass pieces are provided. Joe is very anxious to get this class going and demonstrate how to create a beautiful piece of stained glass. Don't be intimidated, if this is an art that you have wanted to try... then stop in to see if this could become your newest craft endeavor.

Each Thursday (Ongoing) • 10:00am-2:00pm
Fee: FREE

Senior Services Trips

For reservations or more information please call 301-645-2800.

Eastern Caribbean

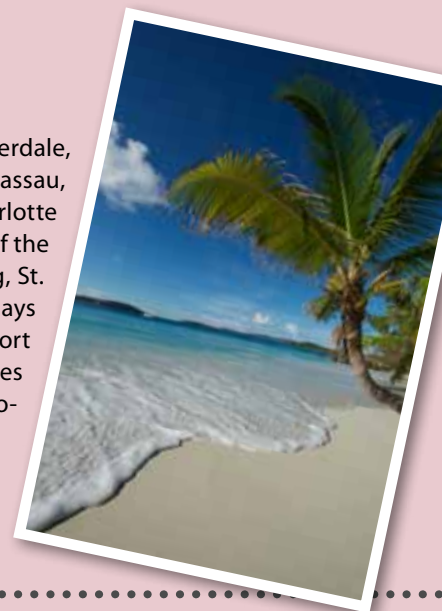
Royal Caribbean Cruise Lines, Allure of the Seas
8 Days/7 Nights

We'll fly out of Baltimore headed to Fort Lauderdale, Florida to board the Allure and prepare to visit Nassau, Bahamas, followed by a day of cruising, then to Charlotte Amalie, St. Thomas, principal town and the capital of the U.S. Virgin Islands. Day five takes you to Philipsburg, St. Maarten, then relaxing on the ship at sea for two days before heading back. Airfare from Baltimore, port charges, taxes, fuel service, fees, and government fees included. Those who book early get the best cabin locations and preferred dining times.

Trip Date: August 4-11

Cabin Range: \$2,115-\$2,535 pp/dbl

\$350 pp/dbl or \$700/pp initial deposit, balance due Apr 21



Community Services Senior Trips

For information please call 301-934-9305 or 301-870-3388, ext. 5159.

Online registration is available at www.CharlesCountyParks.com

Odyssey Cruise & National Gallery

Washington, D.C.

Savor creative appetizers and entrees prepared fresh onboard daily by our Executive Chef. Dance to live music or sit back and relax as unmatched monumental views drift past your table. A stop will also be made at the National Gallery to view the exhibits.

103108-TR Wed, Mar 27 Trip Fee: \$93 Registration Deadline Feb 12

Departure: Clark Senior Center 9:45 a.m., Waldorf Jaycees 10:05 a.m.

Est. return: 5:30 p.m.